

Overhead Squat Corrections

1. [Incline Ankle Mobilization](#) 20/side
2. [Spider Lunge with Reach](#) 10/side
3. [Yoga Push-up](#) 10x
4. [Band Side Stepping](#) 4 rounds of 10 yards
5. [Squat with Band at Knees and Counter Balanced](#)

Weight 20x